

PREVENT WEST NILE VIRUS!

Eliminate Common Backyard Mosquito Breeding Sources.



West Nile virus is transmitted to people and animals by infected mosquitoes. Only certain species of mosquitoes carry the virus. Most people who are infected with West Nile virus have no symptoms, and are not affected by the virus.

However, about 20% of infected persons may develop a flu-like illness. Some symptoms may last from a few days to several weeks and may include fever, headache, nausea, body aches, swollen glands and skin rash.

In rare cases, the disease will progress to meningitis (inflammation of the brain and spinal cord) or encephalitis (inflammation of the brain). The elderly are particularly susceptible to clinical illness caused by West Nile virus.

The time between the mosquito bite and the onset of illness, known as the incubation period, ranges from three to 15 days in humans. There is no specific treatment for infection with West Nile virus, though supportive care is important.

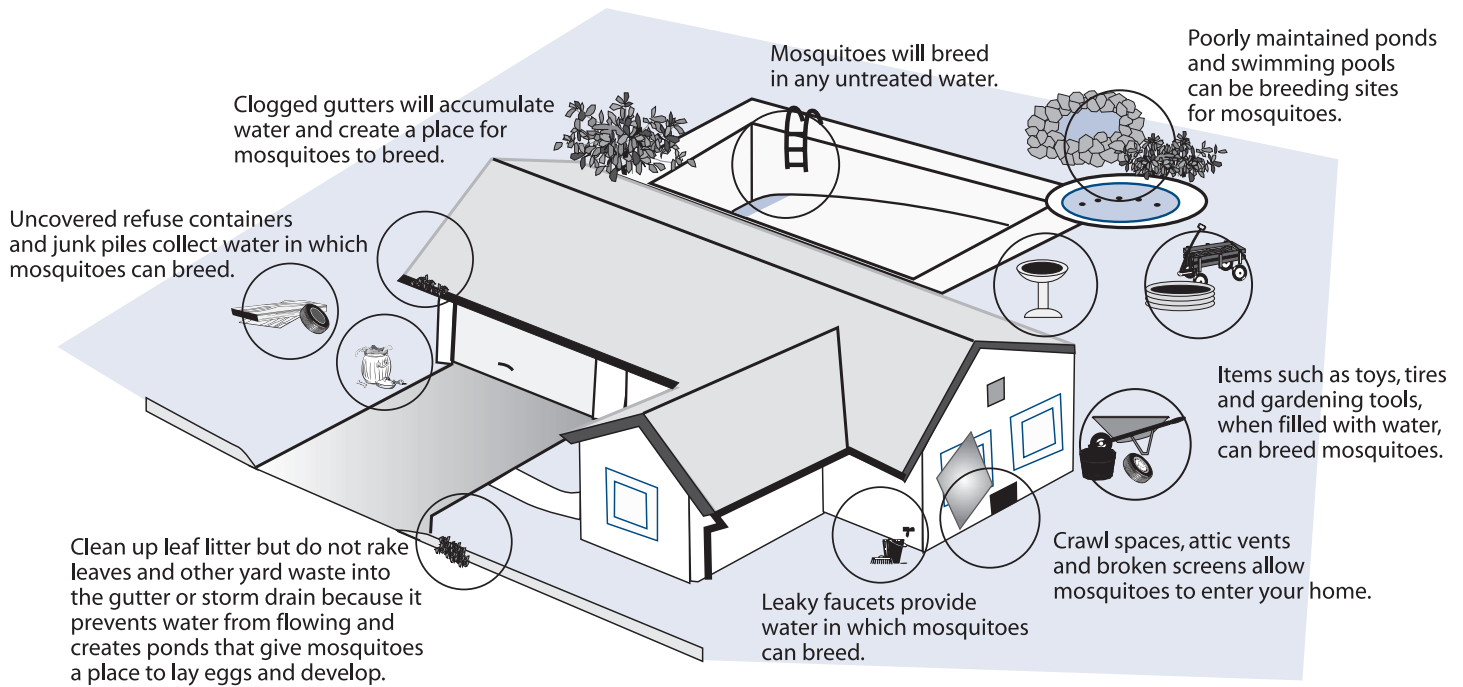
You can take steps to prevent West Nile virus, particularly by removing standing water around your home where mosquitoes can breed. Mosquitoes can develop in any

standing water that lasts more than four days. Weeds, tall grass and shrubbery provide an outdoor home for adult mosquitoes, which may also enter houses through unscreened windows or doors, or broken screens. Many kinds of mosquitoes will breed in discarded tires, buckets, cans, pots, bird baths, pet dishes, and other things that may hold rain or sprinkler water.

You can and should reduce the number of mosquitoes around your home:

- Avoid outside activity at dusk and dawn during peak mosquito season (May through October). This is particularly important for the elderly and small children. Wear protective clothing (long pants and long sleeves) and apply insect repellent when outside.
- Make sure that doors and windows have tight fitting screens. Repair or replace screens that have tears or holes in them.
- Drain all standing water on private property and stock permanent ponds with fish that eat mosquito larvae.
- Change water in flower pots, bird baths and pet dishes located outdoors at least twice per week.

How many breeding sites can you find?



For general information on West Nile virus call the State Public Health Hotline at:
602-364-4500 - Metro Phoenix • 800-314-9243 - Statewide • Website: www.hs.state.az.us
Arizona Department of Health Services, 150 North 18th Avenue, Phoenix, AZ 85007

